

# Blood Pressure Control: Omron 7450 Self-Measurement Blood Pressure Monitor



*This Kit includes an arm monitor to check your blood pressure at home.*

## Why is it Important to Check My Blood Pressure?

High blood pressure increases your risk for a heart attack or stroke. It is the main cause of stroke. Stroke is an emergency because blood can't get to the brain fast enough. This means the pressure in your arteries is higher than it should be. This is also called hypertension.

The only way to know if your blood pressure is too high, is to check. High blood pressure often has no signs or symptoms. Many people do not know they have it. It is known as "the silent killer." Fortunately, there are many ways to control this problem.

To watch a video on how to check your blood pressure at home, go to [youtube.com](https://www.youtube.com/watch?v=0tGyRJxbYpQ) and enter "0tGyRJxbYpQ" or click this [link](#). You will see a 4-minute video on "How to Use Your Blood Pressure Monitor".

## Patient Care Kit Item

Your Kit includes one (1) Omron 7450 blood pressure monitor.

The box includes:

- Upper Arm Blood Pressure Monitor
- [Omron 7450 BP Monitor Instruction Manual](#)
- Power cord



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## Instructions

### Testing Schedule

You will learn how to check your blood pressure when you get your Kit. You can also read the 'Instruction Manual' in the box. You will be asked to:

- ✓ Take your blood pressure two (2) times in the morning and two (2) times in the evening. Do this for seven (7) days. Wait at least one (1) minute between each reading.
- ✓ Record results in your log. Your health care team will let you know how to report these readings to the health center.
- ✓ You will be asked to take your blood pressure every day for the first week. After that, take your blood pressure once a week for three weeks. Some people will be asked to take it more often.
- ✓ After the first month, your provider will tell you how often to take your blood pressure. Once per month is common.

Your blood pressure monitor is meant for you. Another person can use it, but **you must be the only person to use the "user 1" setting**. If someone from your family or others want to use it, **they must use the "user 2" setting**. Your provider wants to use your results, only, to make health care decisions for you.

During each virtual visit, your care team will make sure you take your blood pressure the right way. They will add your results to your electronic health record. They can teach you how to find the results saved under "user 1".

There are many ways to share your blood pressure readings with your care team. Check the way you have been asked to do it:

- Show the blood pressure monitor display screen during a virtual video visit with your care team
- Upload pictures of the monitor reading to your patient portal
- Bring your blood pressure monitor to the health center
- Text or email a picture of the monitor reading
- Email your log
- Mail your log